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Ont. University paper's frosh-week joke article draws ire, called a harassment 'how-to'

PAGE 10

A WHOPPER OF A MERGER

SHARES OF BURGER KING & TIM HORTONS GET HOTTER AFTER WORD A DEAL MAY BE COOKIN' PAGE 12



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A WIN FOR ALBERTA

Actor Colin Hanks from Fargo and Samantha Bryant attend the 66th Annual Primetime Emmy Awards in Los Angeles on Monday. The Calgary-shot Fargo has landed the Emmy Award for this year's best miniseries. It was nominated for a total of 18 Emmys. More awards show coverage, page 14. JASON MERRITT/GETTY IMAGES

Researchers at U of A look to zero in on MDMA

Party drug. Project offers rapid result for drug make-up

After a summer riddled with deaths and overdoses linked to a popular party drug, University of Alberta researchers are hoping to offer local law enforcement rapid results on what the drugs are being laced with.

According to the U of A's Dr. Kristopher Wells, recreational drugs, including ecstasy and MDMA, are not only an ongoing concern in Edmonton, but across the country.

"What young people don't realize is that these aren't pure substances," said Wells. "They're often cut or mixed with very toxic substances that the body can't process and they have different effects on different people."

Earlier this month, a 24-year-old Leduc woman died of an overdose at a music festival in B.C., while two Ontario festival-goers reportedly died after taking "party-drug" pills at a Toronto music festival.

"It's a shame so many young people are putting themselves at risk," said Dr. Alan Hudson, a U of A pharmacologist and one of the researchers behind the rapid testing project.

The idea to offer rapid analysis to law enforcement was first suggested over two years ago, said Hudson, noting researchers have been unable to secure funding for the initiative.

Hudson explained the project would analyze drug samples collected by EPS members in order to keep an eye on what's available on city streets.

"We're hoping to do it in a very rapid fashion," Hudson said.

While the data collected

through the analysis would also help with emergency response when people overdose, the researchers have yet to launch the project because of funding.

Currently, drugs seized in the city by police, including members of Alberta Law Enforcement Response Team, are sent to Vancouver for a more thorough analysis completed by Health Canada.

Insp. Darcy Strang said it would be handy to have more local testing for seized drugs.

"It used to be (done) in Edmonton, it used to be a lot faster actually, but now we have to have it sent off to Vancouver to have it tested there," he said.

Strang noted ALERT has witnessed an increase of MDMA and other party-related drugs on city streets, noting that in 2013 the agency seized almost double the amount of these drugs compared with 2012.

LEAH GERMAIN/METRO

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Thomas Lukaszuk

Tory leadership candidate sorry for pricey roaming bill

Alberta Tory leadership candidate Thomas Lukaszuk apologized Monday for ringing up more than \$20,000 in international data roaming charges on one trip.

But he also questioned why the two-year-old information showed up in the Edmonton Sun newspaper less than two weeks before Progressive Conservative party members vote for a new leader and premier.

"I have nothing to hide. This bill was not hidden," Lukaszuk said. "It was in a public venue. Anybody could have accessed it."

"The fact that somebody purposely highlighted it at this point in time obviously is a reputational issue."

Lukaszuk also issued a statement that said he "absolutely" made a mistake "and for that I apologize."

He said he was on a personal trip to Poland and Israel in October 2012 as a guest of the Simon Wiesenthal Centre's "compassion to action" program. It raises awareness about hatred, tolerance, human rights and collaboration.

He was deputy premier at the time and a government legal case needed his attention, he said.

"There were a lot of long conversations and proceedings with lawyers and the courts," Lukaszuk said.

"The case itself is under a court-ordered publication ban, so it is against the law for me to provide details. A letter from the legal firm confirms that it was a government case."

"Suffice it to say that government faced an issue, it needed to be dealt with, and it was." **THE CANADIAN PRESS**



City councillors approved zoning changes to put new parking lots on 105th Avenue. The lots are needed because of the construction of MacEwan University's new arts centre. CONTRIBUTED

MacEwan zoning changes approved

Make way for parking lots? New arts centre forcing redevelopment



RYAN TUMILTY
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City councillors unanimously approved zoning changes Monday that should allow for more parking at MacEwan University.

The land along the south side 105 Avenue between 108 Street and 112 Street are mostly empty lots now and the university wants to turn them into parking lots, in part because of

the lots it's losing for its new Centre for Arts and Communications on 104 Street.

Several city councillors expressed concern about taking such high-value land in the downtown core and turning it into parking lots. Coun. Scott McKeen said in the long run, however he trusts the school that the land won't stay parking forever. "Nobody is thrilled with a surface parking lot, but I will take MacEwan at their word that this is a necessary evil," he said.

McKeen said he was glad the school had worked with the community on bringing the proposal forward.

Changing land

- When the new academic building opens, the school hopes to consolidate all of its students at the downtown campus.
- The new parking lots are expected to provide approximately 400 spaces.

"I appreciate all the work done here and the work done by the community leagues in working with the community on this," he said.

Stuart MacLean, the

school's associate vice president of facilities, said it makes sense to make sure the land is doing more than simply sitting vacant.

"It's really to offset the loss of parking in the short term, but it's also to put the land into some kind of contributing use," he said.

MacLean said he's confident the parking lots won't remain that way for much more than 10 years.

"If not in 10 years, then we would have half of it certainly redeveloped with new academic buildings, and what is left would be something under construction."

1 NEWS




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'These are real people': Film shows struggles of waiting for an organ

The Ward. Flick goes inside U of A hospital transplant program



RYAN TUMILTY
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A new film set to premiere on CBC television is hoping to boost organ donation rates by telling the stories of the people desperately waiting for transplants.

ID Productions had unprecedented access to the University of Alberta's transplant unit to film their documentary *The Ward*, in which they spoke with doctors, nurses and patients.

Rosie Dransfeld, the film's director and producer, said she hopes people watching the film sign up to become donors.

"We're in a real crisis when it comes to organ donations," she said. "More than 40 per cent of patients are dying because there are no organs."

She said working on the unit was eye opening and she hopes the film tells the personal stories of both the staff and patients.

"I was just amazed with the level of dedication that the staff and doctors show there and I was amazed with the bravery of the patients," she said.

The documentary mostly focuses on those waiting for kidney transplants, many of whom face months or even years of dialysis treatments while waiting for a transplant.

Dr. Lori West, interim director of the Alberta Transplant Institute, said the issue needs attention.

"The story itself is some-

Premiere

The film will air across Alberta on CBC on Aug. 30. Alberta now has an online registry where people can signal their intent to become an organ donor. It can be found through myhealth.alberta.ca

thing that we really need to highlight, especially in Alberta because our organ and tissue donation rates are well behind the rest of the country," he said.

West said with the focus on patients and their struggles, the film really shows the importance of organ donation. "It takes the abstract nature out of it. These are real people and this is their life."

"It helps people see what these people are suffering on a daily basis."



Transplant surgeons work on a patient in a scene from the new documentary. SCREENSHOT

Hospitals complete record number of transplants



Rick Galloway, who received a new set of lungs, with his wife, Debbie.

Rick Galloway helped achieve an impressive record while at the University of Alberta hospital, but he's mostly just happy to be alive.

Galloway, a 54-year-old Saskatchewan farmer, has a new set of lungs as part of a record 32 transplants that were done over 10 days in late July at Edmonton area transplant centres.

With a new lease on life, Galloway said it's hard to find the words to describe how happy he is, because he faced a near death sentence, but

A record

32

The 32 organs came from 11 deceased donors.

he's eternally grateful to the donor.

"Without that family that donated there are two people who are gone, instead of one," he said.

Galloway has an extremely rare disease and spent 54 days

on an artificial lung awaiting his transplant.

Dr. Jim Kutsogiannis, medical director of the province's Human Organ Procurement Exchange program, said this many transplants was a challenge on everyone, including the surgeons.

"It is grueling. It's tiring, but that's what they're trained for," he said.

He added they hope to see more donations now that the province has a new registry. Kutsogiannis hopes that will mean more resources in the

Breakdown of donations

The donations included three lungs, four hearts, eight livers, five islets, one pancreas, one kidney pancreas transplant and 10 kidney transplants.

future.

"Ideally we would like to have dedicated transplant operating rooms as our program grows," Kutsogiannis said. **RYAN TUMILTY/METRO**

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Gotta Minute to get started on Sept. 15

Transit film fest. Most minute-long creations to be submitted by Edmontonian artists



STEPHANIE DUBOIS
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Local filmmakers and artists will have their work on display on Edmonton transit when the Gotta Minute Film Festival launches Sept. 15.

While it will showcase work from individuals across Canada and around the world, the festival will launch with the "majority of submissions" from Edmontonians, said organizers.

The films will make use of the newly installed Pattison Onestop television screens in local transit stations.

"This is a great way to raise the media profile in our Edmonton community. It's a way to link film with the public," said festival co-ordinator Beth Wishart MacKenzie.

Edmonton will be the second Canadian city to unveil one-minute films, videos and animation on public transit as part of the festival, which premiered in Toronto.

Rolling out from Sept. 15 to 21, six new shorts will be showcased each day, with the



The Gotta Minute festival, a sister festival to the Toronto Urban Film Fest, kicks off on Sept. 15, and runs until Sept. 21. METRO FILE

last day of the festival scheduled to show off some of the winning works.

Exposure

"This is a great way to raise the media profile in our Edmonton community."

Beth Wishart MacKenzie

Although there were no specific festival themes, Wishart MacKenzie says the films have been broken into general categories, some of which include "contents under pressure" and "space consciousness."

If you miss one in your rush to catch the LRT, organizers say the films will also

No fudging

60

Each film must be exactly 60 seconds, according to the festival's website.

be available online and at screening rooms at the Edmonton Public Library.

Booze, speed may have been factors in double fatal crash

Two men are dead following a collision in west Edmonton, where police believe speed and alcohol may have played a role.

Police were called around 9:45 p.m. to the intersection of 151st Street and 95th Avenue on Sunday.

A Ford Crown Victoria was travelling northbound on 151st Street at a high rate of speed, police said, adding they believe

the Ford failed to stop at the stop sign on 95th Avenue.

A Chrysler Concorde travelling eastbound through the intersection struck the vehicle, according to police. The Crown Victoria spun before slamming into a Mazda parked on the side of the road and finally hitting a tree, causing catastrophic damage to the vehicle.

A 50-year-old male who was

driving and an unidentified passenger were both pronounced dead at the scene, police said.

The driver of the Chrysler suffered minor injuries.

"Speed played a role in this collision. Alcohol may have also been a factor," says acting Staff Sgt. Gener Alvarado with the Major Collision Investigation Unit.

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Scope

Police are still investigating the accident.

- The two deaths mark the city of Edmonton's 15th and 16th traffic fatalities of 2014.



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Thousands pack church in St. Louis to mourn slain teen Michael Brown

'Break for funeral'

Father asked protesters for a 'day of silence' on Monday to let the family grieve

The mourners filled an enormous church to remember Michael Brown — a "gentle giant," aspiring rapper and recent high school graduate on his way to a technical college.

But the funeral that unfolded Monday was about much more than the black 18-year-old who lay in the closed casket after being shot to death by a white police officer.

More than 4,500 mourners filled Friendly Temple Missionary Baptist Church in St. Louis for the service, which at times seemed like a cross between a gospel revival and a rock concert. The emotional service sought to consecrate Brown's death as another in the long



Lesley McSpadden, the mother of Michael Brown, cries during her son's funeral at Friendly Temple Missionary Baptist Church in St. Louis on Monday.
RICHARD PERRY/NEW YORK TIMES/THE ASSOCIATED PRESS

history of the civil rights movement and implored black Americans to change their protest chants into legislation and law.

The Rev. Al Sharpton called for a movement to clean up

police forces and the communities they serve.

"We're not anti-police. We respect police. But those police that are wrong need to be dealt with just like those in our com-

munity that are wrong need to be dealt with," Sharpton said.

Sharpton also took the black community to task, saying it should be as upset about black-on-black crime as it is about

police violence: "We have to be outraged by our disrespect for each other."

"Blackness," he added, "has never been about being a gangster or a thug."

Call for action

"Show up at the voting booths. Let your voices be heard, and let everyone know that we have had enough of all of this."

Eric Davis, a cousin of Michael Brown's.

Brown's death fuelled nearly two weeks of street protests in the St. Louis suburb of Ferguson. But the teen's father, Michael Brown Sr., asked protesters to observe a "day of silence" on Monday to let the family grieve.

At the Ferguson Police Department, where a small but steady group of protesters have stood vigil for two weeks, a handmade sign announced a "break for funeral."

Brown was unarmed when he was shot on Aug. 9 by officer Darren Wilson. A grand jury is considering evidence in the case, and a federal investigation is underway. **THE ASSOCIATED PRESS**

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Prime Minister Stephen Harper stands on the bow of the HMCS Kingston as it sails in the Navy Board Inlet on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

Harper joins search for a piece of Canadian history

Franklin expedition. PM, during his tour of the North, gets a look at the tools being used to solve the mystery of doomed 1845 voyage

The final resting place of the lost ships of the Franklin expedition may remain a mystery for at least another summer.

A thick pack of sea ice is blocking a key part of the search area, making it inaccessible to ships.

able to ships.

The two ships of Sir John Franklin's doomed 1845 expedition — HMS Erebus and HMS Terror — are believed to be somewhere in the Victoria Strait off the west coast of King William Island, perhaps as far down as the Queen Maud Gulf off the Adelaide Peninsula.

Ryan Harris, an underwater archeologist who is one of the people leading the Parks Canada search, says it's only a matter of time before the remnants of the expedition are found.

Four vessels are leading the search this summer, and Prime

Minister Stephen Harper, who is on his annual tour of the North, got a first-hand look at some of the tools being used.

He boarded a naval vessel at Pond Inlet that travelled west to Eclipse Sound. Upon arriving at a picturesque spot surrounded by ice-capped mountains, Harper and his wife, Laureen, got in a Zodiac and motored out to one of two gigantic icebergs towering in the water.

The prime minister then helped lower an autonomous underwater vehicle into the frigid water.

It was the closest Harper had ever been to an iceberg.

"I've never been that close to a big chunk of ice. It's huge," he said. "That was great. Really exciting."

Harper said the lost Franklin ships represent an iconic piece of Canadian history.

"It ultimately isn't just a story of discovery and mystery and all those things — but it's also really laying the basis for what's in the longer-term for Canadian sovereignty," he said. "Because it's a mystery, and we've got to solve it."

THE CANADIAN PRESS

Ontario university newspaper's 'stalk' your TA article called a 'how-to' for sexual harassment

A suggestion that students should "stalk" graduate teaching assistants to get a date with them has landed Western University's student newspaper in hot water.

The editor-in-chief of the Western Gazette in London, Ont., is standing by his frosh week issue and refusing to apologize, despite an explosion of anger on social media.

Under the heading "do your research," the Gazette article says: "Facebook stalk and get to know your TA."

Editor-in-chief Iain Boekhoff insists the article isn't sexist and is part of a humorous sec-

tion of the paper, but others are offended by the piece, and continue to demand an apology.

London marketing professional and cartoonist Diana Tamblyn said she was "appalled."

"It's a step-by-step breakdown about how you would get the attention of your teaching assistant if you have a crush on them in class, and it's in the special frosh week edition of the Gazette," she said. "If you're talking about sexual harassment on campus as a how-to list, this is a real problem that exists every day."

Tamblyn wants the article

disposed of, online and in print, and an official retraction.

Western University's Janice Deakin, provost and vice-president academic, has written to the Gazette to express her displeasure with the teaching assistants article.

"Not only does the spirit of the article run contrary to Western's efforts to have a workplace and learning environment that is free from sexual harassment," she wrote, "it is disrespectful of the essential contribution graduate teaching assistants make to Western's academic mission."

On behalf of the Gazette,

Iain Boekhoff said frosh week brings a special issue that includes light-hearted content, like the teaching assistants article. He insisted he doesn't need to apologize because the article wasn't sexist and was even gender-neutral.

"I don't regret publishing it," Boekhoff said. "I regret that it caused offence to so many people, and it wasn't well received by some people."

As for the word "stalk," Boekhoff said, it was never intended to be taken literally and the Gazette's readership would understand that.

MIKE DONACHIE/METRO IN LONDON, ONT.



There's a moose on the loose

A young moose stands behind a window in an administration building of Siemens in Dresden, Germany, on Monday. Scan the photo with your Metro News app to see a video of the stuck moose. ARNO BURGI/DPA/THE ASSOCIATED PRESS

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Police chiefs not yet asked to endorse public inquiry

Tina Fontaine's death. Murder and disappearance of aboriginal women on law enforcement's radar, says police-chief association head



Chief Const. Jim Chu, president of the Canadian Association Chiefs of Police. TORSTAR NEWS SERVICE FILE

The head of the Canadian Association of Chiefs of Police says the number of missing and murdered aboriginal women is "on the radar" of the country's law enforcement leaders.

But Chief Const. Jim Chu of the Vancouver Police Department, who is the association's outgoing president, avoided taking sides in what has become a politicized debate over the need for a public inquiry.

Hundreds of the nation's top officers gathered Monday for their annual general meeting in Victoria, where Chu said the association's policing with aboriginal people committee had already met for a couple of days to discuss the issue.

"They've had an extensive discussion on it," said Chu, referring to the committee.

"One thing that hasn't happened is the groups that are calling for the national inquiry

have not asked us to support their request.... The details on the nature of the request and the nature of the inquiry, we need to get them."

Chu said the association will reach out to the Native Women's Association of Canada and other groups to get those details.

"And then we'll come out with a position," said Chu.

The death of teenager Tina Fontaine in Winnipeg has renewed calls for an inquiry. The 15-year-old was found Aug. 17, wrapped in a bag and dumped in the Red River. She had been in Winnipeg less than a month when she ran away from foster care. **THE CANADIAN PRESS**

London, Ont.

Declared dead in 1986, missing man alive in U.S.

A man missing for almost 40 years and declared dead by the courts has been confirmed alive by the OPP.

Police discovered that Ronald Stan, reported missing following a 1977 fire in a community outside London, Ont. — later declared dead in 1986 — is alive and resides in the U.S. as Jeff Walton. The investigation was reopened in July as part of a routine case audit.

The affected families have been notified and the case is considered closed. **THE CANADIAN PRESS**

Denver via Chicago

Passengers force flight diversion

Two United Airlines passengers entered a heated argument Sunday as one prevented the other from reclining in their seat.

A male passenger was using the Knee Defender, a gadget that attaches to a passenger's tray table, which kept the passenger in front of him from reclining.

The gadget is prohibited by United Airlines, but when the man refused to remove it, the female passenger in front of him turned and threw water in his face. The flight was rerouted to Chicago; both were left there while their flight continued on to Denver. **THE ASSOCIATED PRESS**

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Market Minute



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OIL
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\$1,278.90 US (-\$1.30)

Natural gas: \$3.94 US (+\$0.07)
Dow Jones: 17,076.87 (+75.65)

Hacker group

Sony's PlayStation network hacked

Hackers infiltrated Sony's PlayStation Network and disrupted the travel plans of a top company executive by going on Twitter to suggest that there was a bomb on his American Airlines plane.

Sony Corp. says American cut short the executive's flight on Sunday and made an unplanned landing in Phoenix.

The plane with 179 passengers and a crew of six was scheduled to fly from Dallas to San Diego but stopped for what the FBI termed a security threat. **THE ASSOCIATED PRESS**

Do you want a Whopper with that double-double?

Well, too bad. While Tim Hortons and Burger King may merge, there is 'zero chance' of cross-over at the two fast-food chains

A deal between Tim Hortons and Burger King could finally help the coffee and doughnut chain successfully expand into the U.S. market, but it shouldn't mean customers will see any changes when they visit either fast-food chain.

Ken Wong, a marketing expert with Queen's University, said it is all about the U.S. for Tim Hortons.

"They've had some difficulty penetrating the U.S. market with dedicated Tim Hortons franchises and part of that is, of course, that while the brand is one of Canada's strongest, it really doesn't have much resonance in the U.S., especially up against Dunkin'



Brewing up big biz

• **Burger King**
Established in 1954. Headquarters are currently in Miami, with a market capitalization of \$11.03 billion US, according to FactSet. It has more than 13,000 restaurants in 98 countries and territories globally.

• **Tim Hortons**
Established in 1964. Headquarters are currently in Oakville, Ont., with a market capitalization of \$10.96 billion US, according to FactSet. It has more than 4,500 restaurants in Canada, the U.S. and the Persian Gulf area.

THE ASSOCIATED PRESS

Donuts," Wong said.

The companies confirmed Sunday that they are in talks and that the Oakville, Ont.-based Tim Hortons and the Miami-based Burger King would operate as stand-alone brands if they were to go ahead with a deal.

Jim Danahy, chief executive of consultancy CustomerLab, says the deal makes sense for Tim Hortons, given that the company has made it clear that it needed a partner on the ground in the U.S.

"They acquire, with this merger, access to the franchisees who own and operate more than 3,500 restaurants in the United States," Danahy said. "It's access to the people who understand the U.S. market, infrastructure, distribution. It's not an insignificant benefit,

and it's one that management said they were looking for."

Despite the sense of patriotism many Canadians may feel while drinking Tim Hortons coffee, the company has been owned by a large U.S. chain before. It was purchased by Wendy's International Inc. in 1995 and spun-off from Wendy's in 2006 after becoming a publicly listed company.

But while Tim Hortons dominates the Canadian coffee market, it has struggled to find success in the U.S., and has faced increasing competition at home in recent years from Starbucks Corp. and McDonalds Corp.

After taking over the top job last year, Tim Hortons chief executive Marc Caira launched a wide-ranging review of the company's priorities and ideas that could boost its reputation with both domestic and international consumers.



Left: Getty Images
Right: The Associated Press file

Poll: College costs *how* much???

Post-secondary students grossly underestimate the cost of school, not to mention how much support they'll need from their parents, a new survey shows.

The online poll, conducted in July for CIBC, found that 67 per cent of parents were willing to pay for two-thirds of their children's post-secondary education while, on average, their kids believed their

Yikes

\$64,300

On average, parents expected the entire cost of each child's post-secondary education would be \$64,300.

parents were footing only a third of the bill.

But in a twist — 41 per cent of students surveyed

still thought their parents were paying too much. Those respondents said parents should only be covering a quarter of the cost or less.

On average, parents expected the entire cost of each child's post-secondary education would be \$64,300.

"Part of the disconnect between parents and their children is likely that students aren't accounting

for all of the costs beyond tuition," said the head of CIBC's online brokerage.

Millennials aren't fully cognizant of the true cost of a degree or diploma, she said.

"The conversation between parents and students about the full costs of education, and how to pay for it, needs to start long before the first tuition payment is due." **THE CANADIAN PRESS**



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ARE THEY SINGLE? MAYBE, UM, ASK

If you're scrolling and swiping through an online dating site or app it's easy to assume that the men and women on screen are in fact available (or at least they're pretending to be) but what happens when you lock eyes with an attractive stranger in real life?

Married couples wear rings as a sign of commitment and to show the world that they're off the market, but there isn't really a universal indicator for available men and women to use to advertise that they're single and ready to mingle.

Back in 2013, Rina Mardahl and Rob Young launched MY Single Band in an attempt to create a wedding ring equivalent for singletons. The colourful silicone wristbands were designed to help men and women indicate their relationship status and attract potential mates. In a press release, Mardahl and Young claimed the bands — priced at around \$10 a pop — were “the future of dating” and



SHE SAYS
Jessica Napier
metronews.ca

would “increase new encounters, lower the fear of first introductions, and suit busy modern lifestyles.”

Unfortunately, it seems the masses weren't inclined to wear their hearts on their sleeve, or on their wrists. One year later, the mysingleworld.com website is offline and I think it's safe to say that the not-so-subtle wristbands didn't exactly revolutionize the dating landscape in the way the creators had hoped.

Perhaps MY Single Band didn't take off because the product looked so similar to the ubiquitous Livestrong bracelets and other charitable accessories. Or perhaps it was because most people don't want to appear desperate by wearing a brightly coloured rubber

wristband that screams “I'm Single!”

Even online, a large percentage of Facebook users choose not to indicate whether they are “Single” or “In a Relation-

Who knew rubber bracelets wouldn't be cool forever?

Unfortunately, it seems the masses weren't inclined to wear their hearts on their sleeve, or on their wrists.

ship” out of privacy concerns. Personally I've never been one for public declarations of romantic availability; I just can't imagine going through a painful real-life breakup and then having to log in to my Facebook account to revise my relationship status for my entire extended social circle to see.

Ultimately the easiest way to determine if someone is available is to simply strike up a conversation. It's a daunting task to enquire after a stranger's romantic life, but you'll never know unless you try. And even if the object of your affection turns you down, getting rejected momentarily is certainly less embarrassing than wearing an obnoxious bracelet around 24-7 to broadcast your singledom.

One in two million



A rare blue lobster is being donated to the Maine State Aquarium. MEGHAN LAPLANTE/THE ASSOCIATED PRESS

Skyler the lobster avoids death by seafood-lover's special due to rare blue colouring

A lobsterman says one of his traps caught a one-in-two-million crustacean: a blue lobster.

WCSH-TV reports Jay LaPlante of the Miss Meghan Lobster Catch company caught the curious creature in Scarborough,

Maine, over the weekend.

LaPlante and daughter Meghan were hauling traps when she discovered the bright blue critter.

The story has a happy ending for the lobster. Meghan says she is naming it Skyler and donating it to the Maine State Aquarium, far from any dinner rolls or pats of butter.

The aquarium says it has three other blue lobsters and an orange one.

LaPlante says it's the first time he has caught a blue lobster.

THE ASSOCIATED PRESS

More special than Skyler

According to Wikipedia, lobsters change in colour because of a rare genetic mutation.

- Even rarer is the yellow lobster, the mottled black and orange lobster, the hermaphrodite chimera lobster and the rarest of the rare crustaceans — a colouring found only once in every 100 million lobsters — the albino lobster.

METRO AUGMENTED REALITY

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MetroTube

Da na na na na na na na ...



ANDREW FIFIELD
andrew.fifield@metronews.ca

Sometimes it feels like we'll never crest Peak Batman — that we're stuck with “not the __ we need, but the __ we deserve” forever. And so on. “Why so serious?” you may ask, which is fair enough. But maybe it's time we moved on and found a new totem to bounce our darker pop-culture references off of. Because — wait — pardon me? Somebody was driving what while wearing a cape? OK, fine. The Batman obsession can stay. (YouTube/Tony Cheng)



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2 SCENE

Breaking Bad and Modern Family get Emmy's love

Emmy Awards.

Networks dominate top awards for shows and actors, as tribute to Williams and Weird Al parody draw raves

Modern Family won a record-tying fifth best comedy series Emmy Award and a dominant Breaking Bad captured the top drama award and a trio of acting honours in Monday's ceremony, which took a sombre turn as Robin Williams was remembered with restraint and grace by his longtime friend, Billy Crystal.

"He made us laugh. Hard. Every time you saw him," Crystal said of Williams at the conclusion of a tribute to industry members who died last year. "Robin Williams, what a concept."

Bryan Cranston was honoured as best actor in a drama for Breaking Bad, proving that True Detective nominee Matthew McConaughey's movie-star appeal couldn't conquer all.

"I have gratitude for everything that has happened," Cranston said. His victory ties him with four-time best drama actor champ Dennis Franz. Cranston's co-stars Aaron Paula and Anna Gunn were honoured in categories for best drama supporting acting.

"Thank you for this wonderful farewell to our show," creator Vince Gilligan said of the series about a teacher-turned-drug kingpin that



Weird Al Yankovic performs a parody routine about the top nominees. Musical numbers usually look out of place at the Emmys, and this one was no different. GETTY IMAGES, ALL AR PHOTOS ASSOCIATED PRESS UNLESS OTHERWISE INDICATED

ended with a bang.

The Good Wife star Julianna Margulies won the Emmy for best lead actress in a drama series. "What a wonderful time for women on television," Margulies said.

McConaughey was the object of too-handsome jokes by presenter Jimmy Kimmel and adoration by winner Gail Mancuso, honoured as best director for an episode of Modern Family.

"If you don't mind, Matthew McConaughey, I'm gonna make eye contact with you right now," she said from the stage, making good by hold-

ing the actor's gaze for much of her speech.

The ceremony honouring the best of TV wasn't shy about playing the movie-star card. "Six minutes to Woody Harrelson" flashed on screen during Colin Bucksey's acceptance speech for best miniseries direction for Fargo.

Harrelson and his True Detective co-star were given time to banter before announcing that Benedict Cumberbatch of Sherlock: His Last Vow was the winner of the best miniseries actor award.

"So you won Oscar, (People

magazine's) Sexiest Man Alive and now you want an Emmy, too. Isn't that a little bit greedy?" Harrelson teased his fellow nominee.

Fargo was named best miniseries, and the award for best miniseries actress went to Jessica Lange of American Horror Story: Coven.

Buffering the miniseries awards was a parody routine about top nominees by Weird Al Yankovic. Musical numbers usually look out of place at the Emmys, and this one was no different. Other scripted banter fell flat, although host Seth Meyers kept soldiering

AUGMENTED REALITY

→ Think their costumes are over the top? Scan this code with your Metro News app to see some of the looks that graced the Emmy Awards' red carpet this year!



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on. CBS' The Big Bang Theory star Jim Parsons was crowned as best comedy series actor, giving him his fourth Emmy and putting him in league with all-time sitcom winners Kelsey Grammer and Michael J. Fox.

ABC's Modern Family, which tied Frasier as the all-time sitcom champ with five statuettes, also captured a best comedy supporting actor trophy for Ty Burrell.

Allison Janney was honoured as best supporting comedy actress for CBS' Mom, adding to the trophy she'd already picked up as guest actress on Masters of Sex.

Julia Louis-Dreyfus, who received her third consecutive best comedy actress Emmy for the political comedy Veep, drew big laughs as she stopped to exchange faux heated kisses with Cranston, who earlier was her copresenter and who appeared with her on Seinfeld.

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Taylor Swift ALL PHOTOS: GETTY IMAGES

Lena helps gal-pal Taylor get Swift about what it means to be a feminist

It's a regular old gal-pal love-fest between Taylor Swift and Girls creator Lena Dunham, who just can't say enough nice things about each other. Swift insists that her evolving views on feminism are all thanks to her friendship with Dunham. "As a teenager, I didn't understand that saying you're a feminist is just saying that you hope women and men will have equal rights and equal op-

portunities. What it seemed to me, the way it was phrased in culture, society, was that you hate men," Swift tells the Guardian. "Becoming friends with Lena — without her preaching to me, but just seeing why she believes what she believes, why she says what she says, why she stands for what she stands for — has made me realize that I've been taking a feminist stance without actually saying so."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Oops! Katy did it again — and Britney loved it



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Metro in Hollywood

Some things never change, like Britney Spears' ridiculous fashion sense. What seemed like a terrible idea 13 years ago — matching all-denim ensembles — is still a terrible idea, as Katy Perry proved at the VMAs, teaming up with rapper Riff Raff to don a dress and suit made from poor, mistreated blue jeans in homage to Spears and then-boyfriend Justin Timberlake's infamous red carpet look from the VMAs in 2001. So what did Spears



think of the tribute? You might be shocked to learn that she's totally into it. "Just when I thought the denim dress had retired....you bring it back! You looked amazing," Spears tweeted at Perry.



Lindsay Lohan

Lohan's party spree goes to hell in an unfilmed bucket challenge

Recent reports suggested that Lindsay Lohan had been reaching out to her sober friends, but maybe it was just to taunt them. The on-again, off-again party girl has been on a spree, apparently, hitting four nightclubs in two different countries in one week, according to Radar Online. Lohan started her week enjoying herself at London's swanky Chiltern Firehouse until 3 a.m. and was all smiles when she snuck out the kitchen door.

But then she headed to New York, where her revelry didn't go as well. On the first night, she hit up club Up & Down, where she reportedly tried to do an ALS Ice Bucket Challenge video — except no one was filming it. Then at two separate nightclubs, Lohan pitched a fit when she couldn't get the table she wanted, according to sources. Looks like she was onto something with her whole "I want to move to England permanently" thing.

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The roots of bad hair days

Emotional well-being.

Are we being shallow when our mane affects our mood, or is the feeling more complex?

IZABELA
SZYDLO
life@metronews.ca

You can curl it or straighten it, gel it or leave it loose, cut it short or let it grow — all depending on your mood. Hair is a part of our identity, so it is no surprise that a bad hair day can leave us feeling pretty low.

"Understand that this isn't superficial," says Dr. Vivian Diller, a clinical psychologist in New York. "I always remind people that we are raised to associate a head of hair with health, and lack of hair with illness. So, bad hair days actually do make us feel bad."

"Bad" may be an understatement. A Yale University study of men and women ages 17 to 30 concluded that even the thought of a bad hair day made both genders believe they weren't as smart as others.

Socially, men said they felt more nervous and less self-confident, while women reported feeling embarrassed, ashamed and self-conscious when experiencing bad hair days.

Diller attributes these differences to gender identity.

"The commonality of having a bad hair day is people feel out of control," she says.

"Men have a bit more comfort with bad hair days because their identity is more rooted in



Did you know that gender roles play into how women and men feel during bad hair days? iSTOCK

power. Women's identity, while they have worked very hard to combat it, still goes back to their appearance. That's probably hard-wired because of the role that we played in the survival of the species. Women's role was to attract a mate and procreate. Men's role was to take care of everybody."

And while Diller says the old adage "what's on the inside counts" is true, so is another saying: "When you look good you feel good, but when you feel good you also look better,"

she says. "There is definitely a feedback loop."

Does that mean we have become a more narcissistic society? Diller doesn't think so. Instead, she says what has changed is our accessibility to images of "perfection," which plays into mental hair crises.

"Hair has always been important," she says, referencing historical figures like Cleopatra with her jet-black tresses and Samson, whose strength was dependant on his locks.

"But the fact that we have

social media and imagery that can be altered by the everyday person has put a kind of pressure on looking perfect. If a bad hair day feels like it is going to ruin your whole day or self-esteem, then you are falling victim to this idea that to feel good, we have to be flawless."

Tara Gosling, Toronto-based stylist at Small Talk Barber Shop and Salon, and Jezreel Batson, a barber who owns JB Barber Design in Scarborough, Ont. regularly deal with clients singing the hair day blues.

Tame your mane

Gosling and Batson share tips to minimize bad hair days.

- **The cut.** "Your hair will change day to day, depending on heat, humidity and the type of products you use. But having a hair-cut that suits your lifestyle is key," says Gosling."
- **Products.** "Products are key because they play a role in hair health," explains Batson. "It's important that you know what ingredients you're putting in."

Gosling says it's vital to remember that a bad hair day is exactly that. "You have to remind yourself that what you're feeling is in your head, and it's temporary," she says. "All it takes is one person to change it with a compliment because what you feel doesn't always reflect what you look like."

Batson, meanwhile, recommends recognizing that while hair is an important part of who you are, it isn't your entire identity. "Having the ability to utilize hair as a component of self-expression adds to a person's holistic well-being," says Batson. "However, being in an industry of trends, I know expression is based on what someone is feeling at the moment, not who the person truly is. Because it can be so easily altered, expression through hair is fleeting — just like a bad hair day."

Pg. 293
impresses
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Learn to deal with varicose veins



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

In the September issue of Best Health, writer Ann Chandler looks at the options for getting rid of varicose veins.

Unlike arteries, our veins contain one-way valves that channel oxygen-depleted blood back toward the heart.

When one or more of those valves malfunctions, blood pools in the vein, often causing bulges, and resulting in varicose veins.

These appear mainly on the legs, and often show themselves as swollen, rope-like bulges on the surface of the skin, though they may cause symptoms before any bulging is visible.

Symptoms, which are

often made worse by prolonged standing, include feelings of fatigue, heaviness, and burning and aching in the legs (sometimes accompanied by swelling, itching and discoloration).

Not everyone has symptoms, however.

"People who maintain an active lifestyle may not experience significant discomfort or pain" even in the presence of large, bulging veins, says Dr. Todd Corpus, a phlebologist with the Centre for Vein Care in Toronto. (A phlebologist is a doctor who specializes in veins and their disorders, and is experienced in diagnosing and treating them.)

There are many treatment options, so ask your doctor for a referral to a phlebologist.

One way to treat them is with Endovenous laser ablation (EVLA), which was

approved by Health Canada in 2003. It involves releasing heat via a tiny laser fibre inserted into the vein through a catheter.

Dr. Doug Hill, a phlebologist and medical director with the Vein Treatment Centre in Calgary, was one of the first to introduce EVLA to Canada, and he

now teaches the technique.

He also told Best Health that future treatments could include injecting steam or a medical glue into the vein, and injecting a hardening agent combined with mechanical irritation, which destroys the affected tissue.

EVLA, which treats large varicose veins, is a safe,

95-per-cent effective and patient-friendly method of treatment that has quickly replaced the older surgical method in most clinics across Canada.

EVLA may not be recommended in rare cases where the vein is tortuous or significantly large as determined by the phlebologist.

There are other options for treating varicose and spider veins, which are small, appear close to the skin's surface and most often occur on the legs and face.

FOR THE FULL ARTICLE, PICK UP THE LATEST ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA.



There are a range of options for dealing with varicose veins. ISTOCK

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Tuna-less Tuna Sandwich. If you're looking to explore vegan dishes, this is a great starting point

This high-nutrient, high-protein mixture tastes almost like tuna salad.
THERESA ALBERT
myfriendinfood.com

tein mixture tastes almost like tuna salad.

It is a great make-ahead item that can be added to sandwiches or salads for a complete meal. It is also a great way to start working more plant based

Ingredients

- 3 cups cooked chickpeas (or canned)
- 2 tbsp finely diced red onion
- 1/2 cup finely diced celery
- 1/4 cup chopped pickles
- 1/4 cup rinsed capers
- 2 tbsp nori flakes
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 cup veganaise or mayonnaise

food into your day.

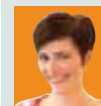
1. Soak chickpeas overnight (approximately two cups if soaking) or use canned. If using dry, drain and cook in lightly boiling water until tender.

2. Mash chickpeas with a potato masher to break them up

to "tuna" size pieces.

3. Add onion, celery, pickles and capers and mix well. Add nori, salt and pepper, veganaise and mix. Store in fridge up to 3 days. Use as sandwich filling or salad toppings. **RECIPE COURTESY OF YAMCHOPS VEGAN BUTCHER (YAMCHOPS.COM).**

Health Solutions



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Vegan is not synonymous with bland

Talk to Michael Abramson, owner and operator of Yamchops, Toronto's first vegan butcher shop, and he will tell you that he doesn't feel like a weirdo anymore.

While only "six per cent of Canadians call vegetarianism their way of life, 35 per cent of us incorporate meat-

less meals three days per week or more," he says.

Abramson's tips for moving in this direction include:

- Make vegan foods familiar in mouth feel and taste to traditional foods.
- Focus on flavour; bland is brutal in any cuisine.
- Look for the fourth generation of soy: HME (High Moisture Extrusion), which is a soy and pea protein product ready to address any taste.
- Cold-press juice. It preserves all of the enzymes and nutrient as no heat, pasteurization or friction interferes with the living tonic. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST & PRIVATE NUTRITIONIST IN TORONTO (MYFRIENDINFOOD.COM)**



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CONTINUING EDUCATION

Achieve success your way

NAIT computer training centre is a great place to start

NAIT can help you achieve success your way.

For those looking to take their careers to the next level, acquire ongoing professional development or pursue personal enrichment, the computer training centre (CTC) at NAIT is a great place to start.

"The CTC responds to the current and rapid advancement in IT, delivering leading-edge, relevant training designed to provide individuals with the skills to be competitive in their jobs and in business," says Surinder Padem, CTC program manager at NAIT's, department of corporate and international training.

CTC has provided quality education in state-of-the-art labs/facilities for more than 25 years.

"NAIT is a leading polytechnic that meets the needs of industry," Padem says.

NAIT's CTC has a solid brand and reputation for providing the most relevant industry-related training available.



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CTC classes are small, enabling instructors to pay close attention to the needs of the students.

CTC offers part-time IT programs and courses and certificates that are competitively priced with its competitors.

The ties CTC has to industry and the relevant value of the skills learned are invaluable to students.

"CTC has excellent relationships with various industry prominent vendors — Adobe,

CompTIA, Cisco, Microsoft, Intergraph, ESRI, Bentley, AutoDesk, Oracle and IIBA (Internal Institute of Business Analysts — as well as local user groups," Padem says. "These organizations are familiar to many IT professionals and, in some cases, promote CTC's courses."

In Alberta, NAIT is focused on meeting the current and emerging needs for polytechnic education and applied research, and the CTC does this through responsive and relevant technical education.

Through this focus, NAIT has become globally competitive and recognized for hands-on, technical education.

There are three convenient ways to register for non-credit CTC courses and certificates at NAIT. To find the option that works best for you, visit nait.ca/register and follow the directions.

For more information, contact the NAIT student success centre at 780-471-6248 or toll-free at 1-877-333-6248, or visit nait.ca/CTC.

Variety of course options available

Whether it is career success, or to pursue a subject of personal interest, there is likely to be a program option for you at the NAIT computer training centre (CTC).

For John Melenko, the Apple iOS iPhone/iPad mobile development certificate at the CTC combined both his desire to learn more in a field of personal interest and his drive to achieve greater career success.

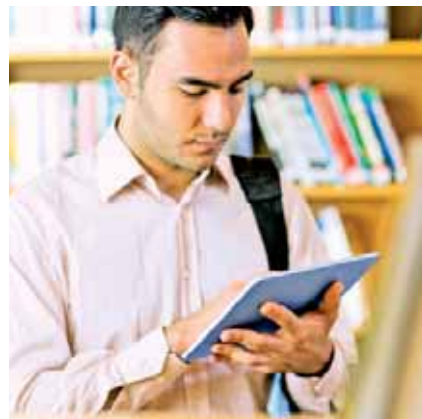
"Keeping current with new technology is crucial to my career success," Melenko says. "Mobile development is an area of IT I've been very interested in and I wanted to learn more."

After a thorough review of education options at several institutions, Melenko chose NAIT for this certificate and enrolled in evening and weekend sessions.

"I'm confident my credentials will be met with respect in the industry," Melenko says.

Another former CTC student found the visual design certificate to be just what she needed to get into a field she was passionate about.

"I left NAIT with a highly-competitive



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portfolio and the applied computer and design courses I needed to begin what has already become a successful career," says Laura Lynn, visual design certificate graduate.

There are number of part-time courses available (short courses) that only CTC offers,

including Apple and Android application developer certificates, CADD, GIS (geographical information system) and digital media.

"More and more software applications are being deployed by industry to improve work processes, communications and productivity," says Surinder Padem, CTC program manager at NAIT's department of corporate and international training.

"During our brainstorming sessions, we discuss adding new programs and courses while updating existing programs and replacing programs that are obsolete."

CTC instructors are familiar with the type of training the IT industry will need.

"CTC has employed a strong core of dedicated, passionate and knowledgeable instructors with lengthy tenure," Padem says.

"They actively participate in the program advisory committee's meetings to help us develop courses/certificates that meet the needs of the IT industry."

To find out more about the CTC and what it has to offer, visit nait.ca/CTC.

KEEP CURRENT WITH IT INDUSTRY

NAIT's computer training centre (CTC) offers a range of information technology learning opportunities.

From introductory training to advanced courses, they are designed to help you stay on the cutting edge.

Students receive hands-on training in small classes that provide plenty of one-on-one time with leading industry instructors.

The CTC helps busy professionals stay current in the latest technologies.

Whether you are looking to develop new skills or advance in your profession, CTC delivers part-time programs and courses that are easily transferable to the workplace while offering the flexibility that fits your busy schedule.

With its focus on meeting the needs of Alberta industry, the CTC can design or customize any course or series of courses to meet the specific requirements of your workplace.



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Too busy to head to school?

The simple fact is, people are busy. Whether it is work or family commitments, it can often be difficult to take time out of one's busy schedule to pursue an education.

That is where eCampusAlberta can help as they offer a large number of online programs in business, health, early learning and child-care, and much more. The online learning environment allows these individuals the flexibility needed to pursue their dreams while working full-time and caring for their families.

"We are frequently contacted by students who are looking to improve their lives or the lives of their families by exploring a new career path and their passion — helping others,"

says Joanna Bossert, eCampusAlberta administrative staff and student liaison.

For those interested in pursuing their dreams of a career in the health care field, the hospital unit clerk certificate program, offered by Bow Valley College through eCampusAlberta, will prepare learners to manage information in a hospital nursing unit.

This 16-month program covers subject areas including basic human needs, hospital organization, medical terminology, processing medical orders, computer skills, and communication skills. Applications are now open for January 2015, and applying early is recommended. For more information, visit ecampusalberta.ca.

LEARN TO HARNESS THE POWER OF MEDITATION

This September, develop a thorough understanding of the process of meditation in order to consistently build mind power.

To learn how to harness the power of meditation, attend the Sept. 9 orientation for the mediation course at the Willpower Institute.

"What makes this course unique is that the Master Teacher, Luangphor Viriyang Sirintharo, has dedicated two decades of his life to writing the books that provide an in-depth explanation of the process of meditation," says Gregory Onuczko, lead instructor, Willpower Institute.

"The Master Teacher has dedicated his life to sharing his extensive knowledge and practical experience which spans more than 80 years in order to promote world peace through meditation."

Onuczko says Luangphor has personally experienced the profound happiness that arises from meditation and has made it his life's mission to share this wisdom with the rest of the world.

"He is acutely aware that in order to achieve world peace, we must, first, obtain inner peace," says Onuczko.

The mediation course is open to anyone with an interest in furthering their



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understanding of meditation and the theory behind the practice.

The orientation takes place from 7 p.m. to 9 p.m. at the Edmonton Willpower Institute Meditation Centre located at 12520 135 Ave.

For more information about the meditation course and the orientation, visit willpowerinstitute.com.



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2014 Fall Session Courses

The Confucius Institute in Edmonton is pleased to offer the following courses to the public for the Fall session.

Course	Description	Dates	Time	Cost
Chinese Language for Adults (Level 1)	For beginners with little or no knowledge of the Chinese language.	Mondays & Thursdays Oct 2 - Dec 15	6:30 - 8:00 pm 30 hours	\$120
Chinese Language for Adults (Level 2)	For those with basic knowledge of Chinese, or who have completed Level 1.	Mondays & Thursdays Oct 2 - Dec 15	6:30 - 8:00 pm 30 hours	\$120
Chinese Language for Adults (Level 3)	For those with basic knowledge of Chinese, or who have completed Level 2 and wish to take Level 1 HSK Certification.	Mondays & Thursdays Oct 2 - Dec 15	6:30 - 8:00 pm 30 hours	\$120
Chinese Language for Adults (Level 4)	For those with basic knowledge of Chinese, or who have completed Level 3 and wish to take Level 2 HSK Certification.	Mondays & Thursdays Oct 2 - Dec 15	6:30 - 8:00 pm 30 hours	\$120
Chinese Mandarin for Cantonese Speakers	Specially designed for Cantonese speakers who wish to learn Mandarin	Mondays & Thursdays Oct 2 - Dec 15	6:30 - 8:00 pm 30 hours	\$120
Calligraphy	An introduction to the basic skills and knowledge of Chinese calligraphy.	Saturdays Oct 4 - Dec 13	10:00 - 11:00 am 10 lessons	\$100
Traditional Chinese Painting	An introduction to the unique style and techniques of Chinese traditional painting	Saturdays Oct 4 - Dec 13	11:15 am - 12:15 pm 10 lessons	\$100
Music: Er Hu Level 1	For beginners with little or no knowledge of Er Hu.	Saturdays Oct 4 - Dec 13	10:00 - 11:00am 10 lessons	\$100
Music: Er Hu Level 2	For those with basic skills and knowledge of Er Hu, or who have completed Level 1.	Saturdays Oct 4 - Dec 13	11:15 am - 12:15 pm 10 lessons	\$100
Music: Yangqin	For beginners with little or no knowledge of Yangqin.	Saturdays Oct 4 - Dec 13	10:00 - 11:00 am 10 lessons	\$100
Music: Guzheng	For beginners with little or no knowledge of Guzheng	Saturdays Oct 4 - Dec 13	10:00 - 11:00 am 10 lessons	\$100
Music: Hulusi	For beginners with little or no knowledge of Hulusi (Chinese recorder)	Saturdays Oct 4 - Dec 13	10:00 - 11:00 am 10 lessons	\$100
Traditional Chinese Arts: Paper Cutting, Dough Art, Knots	An introduction to the skill and meaning of these ancient Chinese arts.	Saturdays Oct 4 - Dec 13	10:00 - 11:00 am 10 lessons	\$80
Tai Chi	An introduction to the art of Tai Chi.	Saturdays Oct 4 - Dec 13	10:00 - 11:00 am 10 lessons	\$100
Tai Chi Fan	An introduction to the art of Tai Chi Fan.	Saturdays Oct 4 - Dec 13	11:15 am - 12:15 pm 10 lessons	\$100
Story Reading Session	Chinese story reading in Mandarin for elementary students	Saturdays Oct 4 - Dec 13	11:15 am - 12:15 pm 10 sessions	Free (Pre-registration required)

Note: Corporate tutoring for basic Chinese Language and Business Chinese; Chinese Intensive Immersion Program available upon request.

PLEASE REGISTER BY September 23, 2014 by contacting:

Ms. Brenda Chan Tel: (780) 970-5233 E-mail: brenda.chan@confuciusedmonton.ca

The Confucius Institute in Edmonton is a partner with Edmonton Public Schools in support of Chinese Language and Culture Learning. For additional details and registration, please check website: www.confuciusedmonton.ca.

**Instructional dates, times and locations may be flexible depending on course demand.

** Late registration is accepted.

** Cancellation policy will apply.

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UPCOMING START DATES

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- PC Service and Support Certificate - (Sept 8)
- Software Testing Certificate - (Sept 15)
- IT Essentials - (Sept 20)
- Twitter for Beginners - (Sept 23)
- Core Programming Certificate - (Oct 31)

For more information visit nait.ca/ctc
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FIND A MEANINGFUL CAREER AT EXCEL ACADEMY

No matter what your age, no matter what you past, it is never too late to head back to school and pursue your passion.

Wanda Landry, 56, wanted to begin a career helping those around her.

Inspired by her mother-in-law, who required care towards the end of her life, Landry decided she would like to use her compassion for others and turn it into some-

thing meaningful.

This is when she enrolled at Excel Academy in the health-care aide program.

"I have always been interested in the health-care field," Landry says. "I enrolled because I wanted to be able to know what to do to help others."

Landry enrolled at the end of May in the full-time program and is set to complete the program in October.

She says the whole experience has been a wonderful and eye-opening journey for her

and is grateful to the instructors who have helped her.

"I am very impressed with my instructor," Landry says. "She just clicks with my learning style."

Landry is about to begin her practicum (there are three in total for the program), and hopes to transfer her skills into meaningful employment in a nursing home.

For more information about the health-care aide program at Excel Academy, visit excelacademy.ca.



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Earn a diploma in less than a year at Digital School

Digital School offers computer-aided design (CAD) training where students are able to complete diploma programs in less than a year.

With Alberta's booming economy, Digital School is the perfect place to get training in fields where CAD professionals are in demand, such as the computer-aided drafting with engineering specialty program.

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the process piping specialization work alongside petroleum engineers to search the world for reservoirs containing oil or natural gas.

They also work with geologists and other specialists to understand the geologic setting and properties of the rock containing the reservoir, determine the drilling methods to be used, and monitor drilling, production and environmental operations.

They design and draft equipment and processes to achieve the maximum recovery of oil and gas, often using computer models to simulate reservoir performance using different recovery techniques.

Prior experience in drafting or engineering is not required since the program is designed to start with basic instruction and conclude with more specialized courses.

Graduates can be found working in process design and manufacturing facilities, engineering firms and other related industries.

Applications for the late September start date are still being accepted.

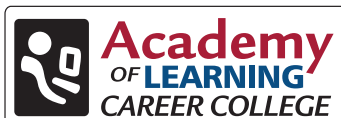
For more information about Digital School, visit digitalschool.ca.

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The hotel and tourism industry can be one filled with fun and adventure.

Whether it is travelling from destination to destination, or working the front lines of a hotel and meeting new people, the hotel and tourism management diploma from Academy of Learning Career College will help you get on your way into this exciting field.

This 34-week program appeals to individuals who are charismatic, outgoing, capable and energetic who are looking to gain a broad range of management and operational skills in the hospitality industry.

Graduates will be ready for a number of careers in the hospitality industry, including hotels, restaurants, and resorts.

Academy of Learning is Canada's largest network of career colleges where students can earn their diploma in less than a year, which means they can be career-ready much



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sooner than many other institutions.

"We are always active in adding and improving specialized programs in response to the demands and opportunities of the labour market," says Charles Jarvis, general manager, Academy of Learning Career College.

At Academy of Learning, there is no need to wait for the start of the next semester, or worry about wait list since there are new programs starting every week.

For more information, please visit academyoflearning.ab.ca.

ENLIGHTEN YOURSELF WITH CHINESE CULTURE

The Chinese culture is deeply rooted in fascinating history, art, food, and language.

Enlighten yourself at the Confucius Institute through a number of different programs available to the public.

"The demand for language learning and cultural understanding has increased because of China's booming economy, and our services provide greater opportunities for business students from Canada in China," says Dr. Wei Li, director, Confucius Institute.

Confucius Institute works in partnership with Edmonton's public schools and China Hanban, and is a non-profit organization dedicated to strengthening the educational, cultural and economic ties between China and Canada.

For adults looking to learn more about the language or culture, Confucius Institute offers evening Chinese language courses and cultural courses on the weekends.

For a taste of what the Confucius Institute has to offer, plan to attend Sept. 27 at the Centre for Education in celebration of the World Confucius Institute Day and Alberta Culture Day. There will be a number of activities throughout the afternoon (noon to 4 p.m.), such as Taste of China, photo exhibitions, cultural performances and workshops.



SHUTTERSTOCK

A formal performance will take place at 7 p.m. at the Victoria High School Theatre.

For more information about the Confucius Institute, programs, and events, please visit confuciusedmonton.ca.



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Do something you're passionate about

School can help you reach your second career

Is it possible to switch careers from performing audits and preparing financial statements to de-boning a chicken, creating the perfect meringue, and chopping vegetables into uniform-sized pieces?

That's the plan, says Celia Clutton, 28, of Mississauga, Ont., who enrolled in Le Cordon Bleu Culinary Arts Institute in Ottawa last June.

Clutton's post secondary education started at York University in Toronto several years ago. She studied accounting and then earned her chartered accountant designation from the Canadian Institute of Chartered Accountants. But after working for a few years, Clutton realized it wasn't what she wanted to do long-term.

Now she's working towards Grand Diplôme® at Le Cordon Bleu Ottawa — and setting her sights on a career in the food business. Her goal is to work for a catering company or large hotel and eventually start her own catering company — where she will combine her cooking and finance skills.

LE CORDON BLEU: AT YOUR SERVICE

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"I love French cuisine, and I thought it would be the best foundation for me in terms of starting a career."

One of the reasons Clutton enjoys the classes is they're small, and there's a lot of one-on-one time with the chef instructors.

"I had some 're-learning' to do ... I learned how to cut an onion properly and how to dice faster.

"In the pastry class, they teach you how to



Celia Clutton. CONTRIBUTED

make everything from pies to cakes without relying on thermometers or mixers. Everything's by hand in the first level, and I think that's the best way to go."

Clutton's love of food and cooking came early. At age nine she watched the Food Network after school, often asking her mom to

pick up groceries on her way home from work and then cooking the family a meal.

"I believe if you do something you're passionate about it's never going to be a job. You'll always wake up wanting to go to work and looking forward to the next day, and that's how I feel."

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Tim Hortons Field

Stadium will be ready for Labour Day Classic: Tcats owner

Hamilton Tiger-Cats owner Bob Young is vowing that Tim Hortons Field will be ready to host the Toronto Argonauts in Monday's Labour Day Classic.

"To quote the movie 'Apollo 13,' failure is not an option. We are determined to play Labour Day at Tim Hortons Field at 1 o'clock," Young said at a news conference Monday.

The promise comes amid concerns over construction delays at the new stadium, which was originally scheduled to open in July.

THE CANADIAN PRESS

NFL

Ex-Roughrider cut from KC Chiefs

Former Saskatchewan Roughriders star Weston Dressler has been cut by the NFL's Kansas City Chiefs.

The Chiefs announced on Monday that they had waived 11 players, including the 29-year-old receiver.

Dressler spent six years in the CFL, where he caught 442 passes for 6,531 yards and 43 touchdowns. He caught 70 passes for more than 1,000 yards and nine TDs in helping the Roughriders win the Grey Cup last season. THE ASSOCIATED PRESS



Weston Dressler GETTY IMAGES



Munenori Kawasaki makes the late tag in the 10th as Brock Holt of the Boston Red Sox steals second base on Monday at Rogers Centre in Toronto.

TOM SZCZERBOWSKI/GETTY IMAGES

Drooping Blue Jays take one more hit

Late comeback. Three runs in the ninth fire up the Rogers Centre crowd but Red Sox win

In a month that continues to go from bad to worse, the Toronto Blue Jays came agonizingly close to a stirring comeback win Monday night before literally falling short.

Another foot or so and Edwin Encarnacion's ninth-inning blast to centre would have been a game-winning home run instead of a double

On Monday

4

Red Sox

3

Blue Jays

off the wall to tie the game at 3-3.

And the Jays' joy at the three-run outburst in the ninth was short-lived when Boston's Yoenis Cespedes singled home the winning run in the 10th inning for a 4-3 victory that end-

ed the Red Sox's eight-game losing streak.

Shortstop Brock Holt singled off Aaron Sanchez (2-1) with one out and then stole second — surviving an instant replay review — and third before Cespedes sent the ball past a diving Munenori Kawasaki with two outs for the winning run.

"We made a run at it. We needed another foot or two on Eddie's ball," said Toronto manager John Gibbons. "And then we couldn't shut them down (in) that extra inning. So disappointing, definitely disappointing."

Toronto, which is 6-15 this month, has now lost nine of its last 12 games and 11 of its last 16. It failed to score more than three runs for the 13th time this month.

The opposition scored first for the fifth straight game, dropping Toronto's record to 20-39 on the season when it falls behind out of the gate.

The Jays (66-65) had hoped to put an end to their August swoon given their success this season against Boston. Toronto had won six straight against the Red Sox and 10 of the 13 meetings between the two prior to Monday. THE CANADIAN PRESS



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Milos Raonic serves to Taro Daniel during the opening round of the U.S. Open tennis tournament on Monday in New York City. DARRON CUMMINGS/THE ASSOCIATED PRESS

'My best tennis': Milos Raonic

U.S. Open. Canada's top men's player the only victorious Canuck on Monday

Milos Raonic emerged as the only Canadian survivor from five starters on opening day at the U.S. Open on Monday.

The fifth seed reached the second round over Japan's Taro Daniel 6-3, 6-2, 7-6 (1).

Raonic had a smooth ride in the first two sets, but hit speed bumps as he tried to serve it out.

The Canadian saved two break points with aces in the

10th game leading 5-4 but hit the net with a backhand to make it 5-5 in the third set. The set went to a tiebreaker where Raonic finally got the job done.

The player from Thornhill, Ont., took just over 90 minutes to earn victory with 20 aces and nearly 60 winners.

"I've been playing my best tennis this year," said Raonic. "I put a lot of focus into this event. I'm glad to be here and start playing."

Vancouver's Vasek Pospisil lost to clay-courtier Simone Bolelli 2-6, 6-4, 6-2, 3-6, 6-3. Sharon Fichman of Toronto, Aleksandra Wozniak of Blainville, Que., and Montreal's Francoise Abanda were also eliminated

AUGMENTED REALITY

→ Scan the image with the Metro News app for more scores and photos from Monday's matches.



→ See the full instructions on Metro's Voices page.

in the women's draw.

Montreal's Eugenie Bouchard starts her tournament on Tuesday playing Olga Govortsova of Belarus.

THE CANADIAN PRESS

EPL

Liverpool signs Super Mario

Liverpool signed Italy striker Mario Balotelli from AC Milan on Monday, taking a calculated gamble on a headline-grabbing player known as much for his controversies as his goals.

Nineteen months after ending a 2-1/2-year spell with Manchester City to play for his boyhood club, Balotelli will return to the English Premier League as a replacement for Luis Suarez. THE ASSOCIATED PRESS

Inter-religious affair

Pope backs match for peace

Pope Francis is backing an inter-religious soccer match aimed at promoting peace and raising money for at-risk kids.

Former Argentina great Javier Zanetti said the idea for the Sept. 1 match in Rome arose during an audience he had with Francis last year. Among the players who have signed up: Lionel Messi, Filippo Inzaghi, Samuel Eto'o. THE ASSOCIATED PRESS

Senators

Anderson signs 3-year extension

Craig Anderson has some long-term security with the Ottawa Senators after signing a three-year extension worth \$12.6 million US.

Anderson is now under contract through the 2017-18 season.

The Senators recently re-signed restricted-free-agent goaltender Robin Lehner to a three-year \$6.675-million contract. THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You would be the first to admit there have been times when you worked far too hard. Now your priority must be to respect your limits.

♉ Taurus

April 21 - May 21

You were born with some remarkable talents but have you been making the most of them? You could have done more but you will always get another chance.

♊ Gemini

May 22 - June 21

Don't keep your feelings bottled up inside you. Let them out so they can be dealt with.

♋ Cancer

June 22 - July 23

Activity in the communications area of your chart will make it easy for you to find the right words — but will you use them the right way?

♌ Leo

July 24 - Aug. 23

You need to cut through the fog of misinformation and get to the root of whatever problem it is that is bothering you. Most likely you will find it is no problem at all.

♍ Virgo

Aug. 24 - Sept. 23

The Sun and Mercury in your sign will concentrate your mind and help you focus on what is truly important. But attitude is important too.

♎ Libra

Sept. 24 - Oct. 23

You need to make a decision of some kind and it is the kind of decision you have to reach on your own. Not everyone will approve but that's irrelevant.

♏ Scorpio

Oct. 24 - Nov. 22

Try to find common ground with a group of people you have not always seen eye-to-eye with in the past. You actually share many things in common.

♐ Sagittarius

Nov. 23 - Dec. 21

The Sun in the career area of your chart will boost your professional standing in some way over the next few weeks. If a new job offer comes along you must give it consideration.

♑ Capricorn

Dec. 22 - Jan. 20

Do you have the courage to take a different course between now and the end of the year? According to the planets there will be rewards aplenty if you do.

♒ Aquarius

Jan. 21 - Feb. 19

Cosmic activity in the area of your chart that governs joint financial matters indicates that you could be on the receiving end of a windfall over the next few days.

♓ Pisces

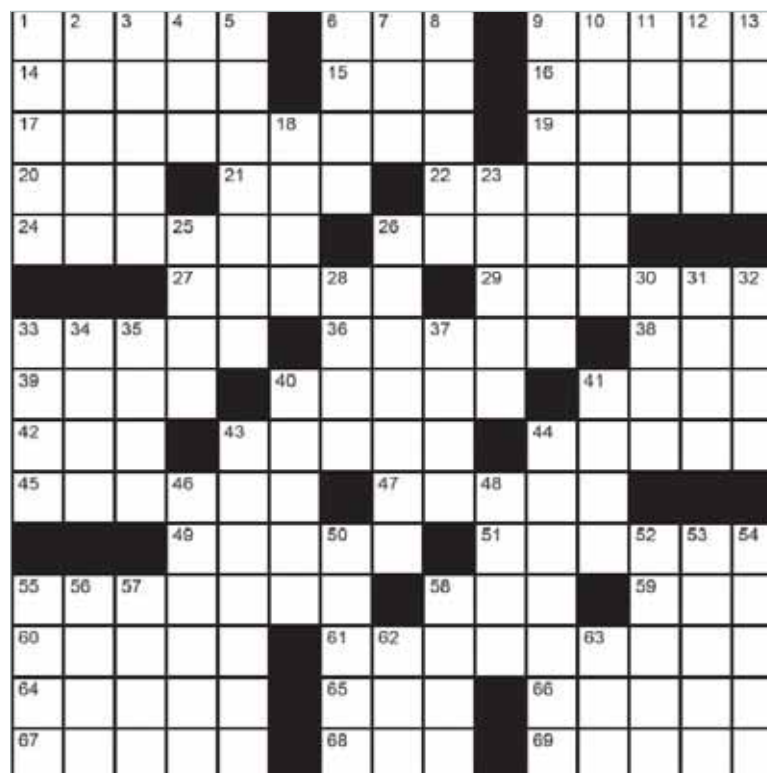
Feb. 20 - March 20

Let family and friends know how much you care for them. You will find it easy to say the things that bring smiles to their faces.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Sheathes, as with metal
6. Floor cleaner
9. "Hart of Dixie" American cable channel, ___-___
14. RR = ___ Route
15. ___ vaporeur (Steamed, restaurant-style)
16. ___/Grindstone Provincial Park, in Manitoba
17. ALS ___ Challenge
19. Entree enjoyer
20. Victorian ___
21. Muck
22. Cafe's cousin
24. Vancouver: Emily Carr University of Art + ___
26. Lively rhythms
27. Movie dog
29. Mount ___ (Antarctica volcano)
33. "The Facts of Life" character
36. Toronto band, Death From ___ 1979
38. Mountain extract
39. Also-___
40. Skyfall singer
41. ___ Park, in Hamilton
42. Army ___
43. Got word
44. Dessert apple's status
45. ___ the Gopher, Saskatchewan Roughriders mascot
47. Attempt



49. How canned seafood can be packed: 2 wds.
51. Blink-182 drummer Mr. Barker
55. Detox
58. Comparative suffix
59. "It's ___

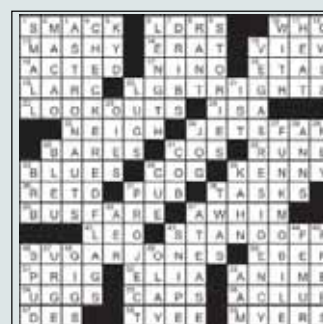
- brainer!"
60. Actress Christina
61. Ryan Reynolds 2002 National Lampoon title role: 2 wds.
64. Put one's ___ (Meddle)
65. "C' ___ la vie!"

66. Overwork
67. Squeezed, as the wet rag
68. Pi's follower
69. Grimes
- Down**
1. Wept
2. Ill-gotten money
3. Domains

4. Smidgen
5. Homeruns getter
6. Kind of shark
7. Certain cheer!
8. "Because the Night" songstress Ms. Smith
9. National ___ School of Canada, in

- Montreal
10. Sad procession transport
11. ___-1, "Ghostbusters" (1984) vehicle
12. Liz Taylor role in '63
13. Hot
18. Hartford, ___
23. Student: French
25. Nile wader
26. Justin Trudeau's party
28. Will Smith's wife
30. Wild pig
31. Encourage
32. "The Bad ___" (1956)
33. Be boastful
34. Ms. Turner
35. ___-inflammatory
37. Alberta town
40. Bubbly bars
41. Spanish painter
43. Canadian magician, Doug ___ (b.1947 - d.2000)
44. Canadian Literature: Alice Munro's ___ Away
46. B-vitamin family member
48. Goulash
50. Drake's "Best ___ Had"
52. Dearth of Sci-Fi
53. Sluggish
54. Varieties
55. Boast
56. Prevaricator
57. Neutral tone
58. Call ___ question
62. Grey hue
63. Nero's 61

Friday's Crossword



Online

See today's answers at metronews.ca/answers

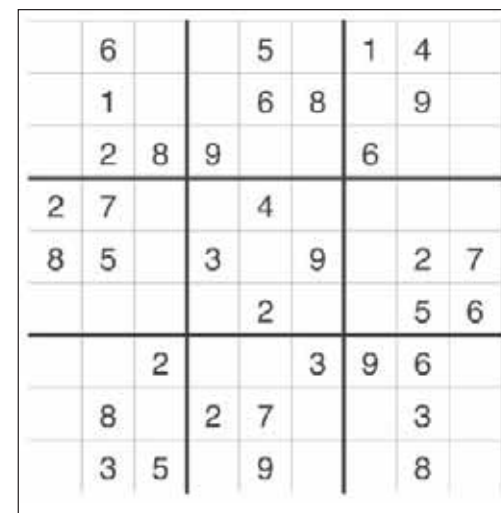
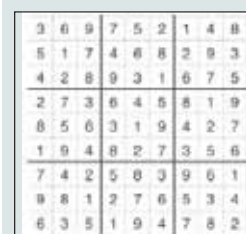


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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